

Water First for Thirst!

Purpose

OSU Extension (OSUE) and the OSU Prevention Research Center (PRC) actively support “Water First for Thirst,” a community-wide effort to encourage healthier beverage consumption among children ages 0-5. OSUE and the PRC provide technical assistance and conduct research and evaluation to support Growing Healthy Kids Columbus (GHKC)—an obesity prevention coalition of nearly 40 community organizations—in its efforts to promote water consumption through health education and policy and environment change.

Impact

OSU Extension and the OSU Prevention Research Center conducted a baseline assessment of written beverage policies and practices among organizations affiliated with the Growing Healthy Kids Columbus coalition.

OSUE and PRC faculty trained over 30 GHKC participants on policy and environment change strategies, and over 20 organizations took steps to promote water consumption through such approaches in 2013.

Ohio State Colleges/Units Involved

OSU Extension -
Family and Consumer Sciences
College of Public Health Prevention
Research Center

Community Partners Involved

Columbus Public Health
Growing Healthy Kids Columbus
Coalition
Columbus City Schools
Columbus Recreation and Parks
Nationwide Children’s Hospital
Children’s Hunger Alliance
Action for Children
Community Development for
All People
YMCA
Other coalition participants

In partnership with OSUE and the PRC, the GHKC coalition developed and distributed a “Water First for Thirst” toolkit that includes posters, presentations, handouts, policy examples and web resources.



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[http://publichealth.columbus.gov/
water-first-for-thirst.aspx](http://publichealth.columbus.gov/water-first-for-thirst.aspx)

